

## **Twitter Thread by Alexander Cortes PhD, Fitness, Nutrition, Fat loss**



**Alexander Cortes PhD, Fitness, Nutrition, Fat loss**  
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### **PROTECT YA NECK YOU SKINNY MAGGOTS**

**I wrote the definitive guide to NECK training**

**Every exercise, every kind of workout, every set and rep and range**

**How to start, how to progress,**

**Everything you need**

**Only \$11 until Sunrise**

And 24 remaining

And 23 remaining

And 21 remaining

And 20 remaining

And 19 remaining

And 17 remaining